

Figure 4. Interactions between time, mode of cognition and type of thought/action

<i>Thought/Action</i>		<i>Mode of Cognition</i>	
	Instant/Reflex	Rapid/Intuitive	Deliberative/ Analytic
Reading of the situation	Pattern recognition	Rapid interpretation	Review involving discussions and/or analysis
Decision-making	Instant response	Intuitive	Deliberative with some analysis or discussion
Overt activity	Routinised action	Routines punctuated by rapid decisions	Planned actions with periodic progress reviews
Metacognitive processes	Situational awareness	Implicit monitoring Short, reactive reflections	Conscious monitoring of thought and activity Self-management Evaluation